



THE CENTRE FOR
EPILEPSY & SEIZURE EDUCATION
IN BRITISH COLUMBIA



SUNNY DAYS & JULY UPDATES



DOG DAYS OF SUMMER
FEATURING LOKI

Does your pet help you feel supported, grounded, or less alone?

Submit a photo + short story

Photo submissions open NOW through **June–August**

All pets welcome, not just dogs!



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Dog Days of Summer is almost here and ESEBC wants to feature *your* pet!

Pets have a way of showing up for us, whether it's a cuddle on a hard day or a little extra joy in the everyday.

We're celebrating that special kind of support with our Dog Days of Summer campaign, and we'd love to feature your pet (any kind, not just dogs!)

We'll be sharing submissions throughout July and August on our main social media (@CentreforEpilepsy) to spread some smiles and celebrate the animals who support us in big and small ways.

[Click Here to Participate](#)



CONGRATULATIONS TO OUR JAYMIE-LYNN ROBERTSON MEMORIAL BURSARY RECIPIENTS



Adele J. (Victoria, BC)

"Thank you so much for this bursary! it will be used to cover my first year of college in the field of psychology. I plan to use this degree to get a bachelors of psychology and into a masters of criminal psychology or counselling, not totally sure which one just yet! This bursary means so much to me, as it lessens the financial burden that college and university brings along with the years of learning ahead of me. Epilepsy was a sudden thing for me, and to be recognized for it is truly heartfelt."



Maryam S. (Port Coquitlam, BC)

"I want to sincerely thank the Center of Epilepsy and Seizure Education for choosing me as the recipient of the Jamie-Lynn Robertson Memorial Bursary. I am deeply honoured to keep Jamie's legacy alive as I feel we are kindred spirits. I plan to use the bursary to support my post-secondary education at UBC for engineering. Along with alleviating financial stress, this bursary inspires me to continue pursuing my dreams. Thank you so much for welcoming me into such a beautiful community."



SUMMER SEIZURE-SAFETY TIPS





Talk to Your Healthcare Team

Before heading into summer plans, check in with your epilepsy doctor or nurse. They can help you make informed choices and adjust your seizure action plan if needed.



Share Your Plans

Let loved ones know your summer activities and invite them to join you. Having support around makes a big difference!



Inform Others

If you're attending camp, traveling, or playing sports, make sure lifeguards, counselors, coaches, and guides are aware of your epilepsy and seizure action plan.



Stay Hydrated

Dehydration can trigger seizures. Drink water consistently, especially in the heat and during activity.



Eat Well

Fuel your body with balanced meals and healthy snacks, especially if you'll be out for long stretches.



Take Medications as Prescribed

Stick to your medication routine. Use reminders or apps to help if your schedule changes over summer.



Prioritize Sleep

Poor sleep is a common trigger. Keep a regular sleep schedule and rest up before intense activity.



Use Protective Gear

Don't forget your bike helmet, life jacket, or any safety gear relevant to your activities



Be Water Smart

Never swim alone. Make sure someone nearby knows what your seizures look like and how to help.



Be Cautious When Alone

Going for a solo hike, jog, or bike ride? Share your route and return time with someone you trust.



Carry Medical ID

Wear or carry something that identifies your epilepsy and includes your seizure action plan, like a bracelet, wallet card, or medical ID app.



ESEBC JUNE FINANCE COMMITTEE PRESENTATION RECAP





In June, our ED, Christine Petkau, presented to the Select Standing Committee on Finance and Government Services in Penticton as part of their 2026 provincial budget consultations. We spoke about how disability funding is accessed as well as our programs and services. Thank you to Veronica Wall of Penticton for sharing your story and thank you to the committee for your questions.

Pictured from left to right: MLA Bryan Tepper, MLA Jennifer Blatherwick, Veronica Wall, MLA Steve Morissette, Christine Petkau



EPILEPSY, IN YOUR WORDS CALL FOR STORIES



Do you have a story to tell about life with epilepsy?

We want to hear from you!

Our new social media video campaign, *Epilepsy, In My Words*, is a chance for individuals affected by epilepsy, whether personally or as a caregiver, friend, or family member, to share their experiences and help others feel seen and understood. Your voice can inspire, educate, and build connection.

Submit a short video here and be part of something powerful



IT'S PATIO DRINK SEASON! BOTTLE RETURN INFO



SIP, SORT, AND SUPPORT THIS SUMMER

Donate your empties to ESEBC at any Return-It Express location!



It's easy! Just use our phone number to print labels
at the machine provided in the bottle depot:
604-853-7399



Enjoying cold drinks on the patio this season?

Turn your empties into impact!



NEWLY DIAGNOSED EPILEPSY ROADMAP



Epilepsy Roadmap

Your Path from Diagnosis to Support in BC

01

Initial Visit

What Happens:
A physician takes your medical history, assesses your symptoms, and orders tests to investigate further.

Who's Involved:
Family doctor or emergency room physician.

03

Diagnosis

What Happens:
If epilepsy is confirmed, seizure type and potential causes are identified to guide treatment.

Who's Involved:
Neurologist (and possibly epileptologist).

05

Support

What Happens:
You are connected to epilepsy education, peer support groups, seizure first aid training, and mental health resources.

Who's Involved:
Epilepsy organizations such as The Centre for Epilepsy and Seizure Education in BC (ESEBC), support workers, family & peers.

Symptoms

What Happens:
Unusual events such as seizures, blackouts, confusion, or staring spells may occur.

Who's Involved:
You, your family or friends, family doctor, or emergency care providers.

02

Testing

What Happens:
Diagnostic tests such as EEG, MRI/CT scans, bloodwork, or video EEG are performed to evaluate brain activity and possible causes.

Who's Involved:
Neurologist, imaging technologists, lab staff.

04

Treatment

What Happens:
Antiseizure medications are prescribed and lifestyle recommendations are made. Safety planning and regular monitoring begin.

Who's Involved:
Neurologist, GP, pharmacist, you and your support system.

06

www.esebc.ca



BOOK AN EPILEPSY EDUCATIONAL PRESENTATION



ESEBC offers free epilepsy presentations in 15, 30, or 60-minute formats tailored for schools, workplaces, community groups, and more. Topics include seizure

types, first aid, treatment options, and how epilepsy may affect daily life. A pre-recorded format is also available.

[Click Here to Book Your Presentation](#)

Make a Lasting Impact and Become a Monthly Donor

Your monthly gift (whether big or small) makes a real difference and provides ongoing support, resources, and hope to individuals and families affected by epilepsy across BC. You also help us ensure program stability and allow us to plan for our future. Please join our community of monthly donors today and be part of lasting change!

[Click Here to Become a Monthly Donor](#)



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